

## Phase 2: Release

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Condiments and Oils	Amount	Check
Coconut Milk	1 can*	<input type="checkbox"/>
Tahini	2 oz.	<input type="checkbox"/>
Vegetable Broth	22 oz.*	<input type="checkbox"/>
Grains, Seeds, Nuts, and Legumes	Amount	Check
Almonds-sliced	1 oz. (1 Tbsp)	<input type="checkbox"/>
Chickpeas-cooked	10 oz. (1 1/4 cups)	<input type="checkbox"/>
Edamame-frozen, shelled	10 oz. (1 1/4 cups)*	<input type="checkbox"/>
Lentils-canned	4 oz. (1/2 cup)	<input type="checkbox"/>
Pinto Beans	1-15 oz. can	<input type="checkbox"/>
Herbs and Spices	Amount	Check
Cilantro-fresh	1 bunch	<input type="checkbox"/>
Ginger	1 root*	<input type="checkbox"/>
Parsley	1 bunch	<input type="checkbox"/>
<b>Smoked Paprika</b>	<b>2 1/2 tsp</b>	<input type="checkbox"/>
<b>Turmeric</b>	<b>1/2 tsp</b>	<input type="checkbox"/>
Fruits and Vegetables	Amount	Check
Asparagus	1 small bunch (1 cup)	<input type="checkbox"/>
Avocado	1	<input type="checkbox"/>
Baby Lettuce Mix (for salads)	1 to 2 bags	<input type="checkbox"/>
Beets	5 to 6 whole (3 1/2 cups)	<input type="checkbox"/>
Broccoli	2 small heads (2 1/2 cups)	<input type="checkbox"/>
Cabbage-Napa (or Bok Choy)	1/2 head (1/2 cup)	<input type="checkbox"/>
Carrots-grated/shredded (optional for salads)	10 oz.	<input type="checkbox"/>
Carrots-whole	3	<input type="checkbox"/>
Celery	1/2 head (3 ribs)	<input type="checkbox"/>
Collard Greens	1/2 bunches	<input type="checkbox"/>
Corn-frozen	4 oz.	<input type="checkbox"/>
Cucumber (optional for salads)	1 to 3	<input type="checkbox"/>
Cucumber-English	2	<input type="checkbox"/>
Green Beans/String Beans	1 handful (3/4cup)	<input type="checkbox"/>
Green Onion	4	<input type="checkbox"/>
Jicama (optional for salads)	1	<input type="checkbox"/>
Kabocha Squash	1	<input type="checkbox"/>
Kale (1 bunch for recipes/optional for salads)	1 to 2 bunches	<input type="checkbox"/>
Lemons	about 2 (for juicing)	<input type="checkbox"/>
Limes	about 3 (for juicing)	<input type="checkbox"/>
Onion	1 small (1/2 cup)	<input type="checkbox"/>
Red bell pepper (2 for recipes/optional for salads)	2 to 3	<input type="checkbox"/>
Romaine Hearts (for Greek salad)	1 to 2	<input type="checkbox"/>
Seasonal Fresh Fruit-your choice (should be lower glycemic-berries, papaya, melon, peach, green apples, etc.)	10 to 15 cups/pieces	<input type="checkbox"/>
Shallot	1	<input type="checkbox"/>
Spinach (1 for recipes/optional for salads)	1 to 2 bunches	<input type="checkbox"/>
Sprouts (optional for salads)	1 bunch	<input type="checkbox"/>
Sweet Potatoes	2	<input type="checkbox"/>
Swiss Chard	1 bunch	<input type="checkbox"/>
Tomato (optional for salads)	1 to 3	<input type="checkbox"/>
Tomato-Roma	1	<input type="checkbox"/>
Various Vegetables-your choice (for steaming)	1 to 2 cups	<input type="checkbox"/>

**Bold Words:** this is a staple - check your spice rack before shopping!

\*Amount needed for entire 21-day program

## Phase 2: Release

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Fruits and Vegetables	Amount	Check
Yellow Onion	1	<input type="checkbox"/>
Zucchini	1 small (1/2 cup)	<input type="checkbox"/>